



Evidence-Based Health Promotion for Older Adults: *Collaborating with Community Partners*



Management of Depression – Resources

I. Overview

According to the National Alliance on Mental Illness (NAMI), depression is widespread in over 6.5 million Americans age 65 and over. The diagnosis of depression is dependent on multiple factors (i.e. psychological, biological, genetic, and environmental), and its onset is not restricted to any given age demographic. However, its prevalence is two times greater in women than men. Contributing factors may include effects of hormonal changes and the stress associated with their role as caregivers. Individuals who lack a supportive social network are also more susceptible to depression, as are those who have suffered major health conditions (i.e. heart attack).

II. Assessment Tools

- A. [The Geriatric Depression Scale \(GDS\)](#), Website resource from Stanford University including short and long forms of the GDS in several different languages

III. Evidence-Based Programs

- A. PEARLS: Program for Encouraging Active Rewarding Lives for Seniors
 - i. Centers for Disease Control and Prevention (CDC): [PEARLS Gives Seniors with Minor Depression New Hope](#). (2007).
 - ii. Ciechanowski, P., Wagner, E., Schmaling, K., Schwartz, S., Williams, B., Diehr, P., Kulzer, J., Gray, S., Collier, C., LoGerfo, J. (2004). [Community-Integrated Home-Based Depression Treatment in Older Adults: A randomized controlled trial](#). *JAMA*, 291(3), 1569-1577. (PDF)

IV. Depression Management Toolkits

- A. [The MacArthur Initiative on Depression & Primary Care](#).
- B. [Practicing Physician Education in Geriatrics](#). (Tools to identify, assess, diagnose, treat, and educate both professionals and consumers).

V. Articles

- A. Adams, S. M., Miller, K. E., & Zylstra, R. G. (2008). [Pharmacologic Management of Adult Depression](#). *American Family Physician*.
- B. Haines, C. D. Ed. [“Mental Health: Depression in the Elderly.”](#) WebMD. July 1, 2005.
- C. Resource Centers for Minority Aging Research (RCMAR): [Depression Assessment Tools](#).
- D. Penninx, B. W. J. H., Guralnik, J. M., Ferrucci, L., et al. (1998). [Depressive Symptoms and Physical Decline in Community- Dwelling Older Persons](#). *JAMA*, 279(21), 1720-1726. (PDF)

VI. Additional Resources

- A. American Geriatrics Society – [Aging in the Know: Depression](#)
- B. Geriatric Mental Health Foundation – [A Guide to Mental Wellness in Older Age](#)
- C. National Alliance on Mental Illness – [Depression in Older Persons](#)
- D. [National Depression Screening Day](#)
- E. [National Institute of Mental Health](#)